

Ear, Nose, Throat and Allergy Center

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INSTRUCTIONS FOR ORAL FOOD CHALLENGES

DO NOT TEST FOODS THAT YOU HAVE KNOWN IMMEDIATE REACTIONS TO.

1. If symptoms occur at any time during this procedure, the test is positive. Omit the food and do not proceed further. Call our office for instructions. Do not perform the test on a day you are ill or if allergy symptoms are more severe than usual. The challenge procedure may be postponed until you feel better.

Challenge one food at a time and complete all the steps before proceeding to the next food. Continue keeping a diary throughout the food challenge procedure to document the testing. Your complete involvement is essential in this process.

FOODS TO CHALLENGE

- | | | |
|-------------------------------|----------------------------------|--------------------------------|
| <input type="checkbox"/> Milk | <input type="checkbox"/> Wheat | <input type="checkbox"/> Corn |
| <input type="checkbox"/> Egg | <input type="checkbox"/> Soybean | <input type="checkbox"/> Yeast |

Total avoidance: _____

2. Omit the suspected food (the challenge food), and all products made with it for 1 – 2 weeks. Do not be concerned if you do not become symptom free. After avoiding the food, you will eat the suspected food and wait for 60 minutes. If you are positive to that food, you will experience symptoms within 30 minutes to one hour.
3. At the end of two hours, if no signs or symptoms occur, you may proceed with the next food to be challenged. Watch for symptoms for the next 30 – 60 minutes.
4. You may test a new suspected food every two hours if no reaction occurs.
5. Watch for delayed onset of symptoms during the next 24 hours.
6. If a positive test is obtained, do not eat the food or any of its products until the results are discussed with your medical provider.

Outcomes of the food challenge may be meaningful to the ongoing management of your allergies. Please be sure to inform your doctor of both positive and negative results.

INSTRUCTIONS FOR PREPARING TESTING MEALS FOR

FOOD CHALLENGE TEST

1. **Wheat** – 2 servings of Cream of Wheat, Wheatena or Ralston cooked in spring water and a little salt. Can also used puffed wheat or shredded wheat.
2. **Corn** – 2 servings of corn meal mush, lightly salted. Also can use corn popped in air popper, grits, fresh corn on or off the cob.
3. **Egg** – 3 hard or soft boiled eggs
4. **Milk** – 1 quart in glass container if possible
5. **Orange** – 2 medium whole
6. **Potato** – 2 large baked, Do not grease prior to baking
7. **Beef** – 3 slices of roast or home ground round steak broiled. May be slightly salted, not peppered or otherwise seasoned.
8. **Pork** – same as beef. Cured ham is not port. It is pork and several other products.
9. **Chicken** – 2 servings stewed or baked. No additional seasonings.
10. **Sugar** – 2 tablespoons in a glass of spring water. Stir well. May use sugar cubes.
11. **Coffee** – 2 cups, black
12. **Tea** – same as coffee
13. **Chocolate** – eat Baker's chocolate or grate 3-one ounce squares in cold spring water.
14. **Other fruits** – fresh as possible, peeled, also water packed or dried stewed
15. **Other vegetables** – same a fruit
16. **Baker's yeast** – found in health food stores. Mix one tablespoon in glass of ice cold spring water
17. **Brewer's yeast** – found in health food stores. Mix one tablespoon in glass of cold spring water
18. **Food coloring** – use set of French's or McCormick's food colors. Mix together ½ teaspoon each color. Put 1 teaspoon of mixture in glass of spring water, drink
19. **Soy** – tofu fried in Crisco or margarine or made in rice cooker
20. **Legumes** – 2 servings of beans, black-eyed peas or beans of your choice.

Source of errors: Errors in testing may be due to failure in complying with these instructions. Read labels carefully. Prepare foods without additional ingredients.

Avoid starting testing if an increase in symptoms is present.